

Celebrity Buzz

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pg 14



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Charges laid after horses left to run wild on highway

JEFF CUMMINGS

jeff.cummings@metronews.ca



A Hinton man has been formally charged after his horses ran wild on highways over the past three months.

After receiving numerous complaints, Hinton Mounties charged William Gosney with seven counts under the Alberta Stray Animals Act.

From December to the end of February, police seized 26 stray horses wandering near Highway 40 and Highway 16.

The seizures were a result of 58 complaints called in through the year.

In 2008, there were three motor-vehicle collisions involving horses in the area.



Ontario native Steve Lavergne, a recent Edmonton transplant, was told over the phone that he had won \$10 million through Lotto 6-49 — but it was too good to be true.

Man conned by fake lottery win

Local man quits job before realizing call was a scam

VICTORIA HANDYSIDES
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Steve Lavergne didn't care that he had been thrown off a city bus for screaming like a madman Friday afternoon — he'd just received the phone call he assumed would change his life forever.

The caller on the other end of the line claimed to be from the Western Canadian Lottery Corp. and said a Lotto 6-49 ticket Lavergne dropped in a Calgary mall weeks earlier was the sixth winner from a \$48-million jackpot.

Blinded by 10-million dollar signs, Lavergne first dialed his boss and quit his new job. Then, he called

his fiancée to tell her she'd never work another day in her life.

It wasn't until he made it home that he realized it was all a lie.

"I'm so embarrassed — it was all a horrible prank," the 34-year-old new Edmonton resident said, adding he's sure he was targeted.

"They kept asking me if I was willing to reward the people that found the ticket."

While email scams bearing the Lotto 6-49 name are popular, a WCLC spokeswoman said she's never seen a scam this malicious.

"It's extremely cruel and very surprising it came through his cellphone,"

"I feel like I'm worthless, because people messed with my head and it got the best of me."

Steve Lavergne

said Andrea Marantz. "With all this interconnectedness, we have to be so vigilant. The best advice is if it sounds too good to be true, it probably is."

Marantz said the illusion of legitimacy in lottery scams is evolving so quickly, it's plausible for even the cautious to be duped, and Lavergne may not be the only victim.

She added if the owner of a lost lottery ticket were contacted by WCLC, winnings wouldn't be dis-

cussed over the phone.

"We would never call anyone and say they'd won \$7 million — I can't see us ever doing that."

Officials from Phonebusters, Canada's fraud watchdog agency, said lottery scams can be especially devastating for those in financial trouble.

"I feel like I'm worthless, because people messed with my head and it got the best of me," Lavergne said. "I've been crying for three days."

Highway crash kills three city residents

VICTORIA HANDYSIDES

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Three Edmontonians are dead and one is in critical condition at a B.C. hospital following a horrific highway crash Sunday.

Two local couples were returning from a skiing trip around 9:30 a.m., when their SUV collided head-on with a semi truck.

The SUV was travelling northbound on Highway 5, two kilometres north of Heffley, B.C., when it was struck by the semi.

The SUV sustained severe damage in the crash. A couple from Edmonton — a 52-year-old woman and her 57-year-old husband — were killed instantly in the accident.

The 55-year-old man driving the vehicle also died on scene. His 52-year-old wife was rushed to the Royal Inland Hospital in Kamloops, where she remained in critical condition yesterday.

Neither speed, weather conditions, nor alcohol were factors in the crash.

The semi driver, a 57-year-old Chilliwack, B.C., resident, walked away from the collision unscathed.

Mounties have not yet released the names of the victims. No charges have been laid in the incident.

World pg 7

U.S. 'torture' condemned by official

Entertainment pg 13

New sounds are on U2's horizon

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Health
Inexpensive exercise options that won't make you break an economic sweat, and Josey Vogels tells you what the current economy means for online dating, pg 12

• Coming up
Auto — How to get the best car insurance deals to drive you through the recession.

Food — We give you a few budget-friendly meal ideas, and a local Meal for a Steal.



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Senior transit passes on sale

The new ETS Senior Citizen Annual Pass went on sale yesterday at the ETS Customer Service Centre in Churchill Station. The new cost for the pass is just over \$111, and the low income pass is \$48.

METRO EDMONTON

Local



Tragically Hip here in September

One of Canada's most popular bands of all time, The Tragically Hip, are hitting Edmonton for three shows this fall. Tickets for the Sept. 14, 16 and 17 shows at the Jubilee Auditorium go on sale Friday for \$89.50 and \$69.50.

METRO EDMONTON

Distemper kills horse, shuts barn

OUTBREAK At least one horse is dead and a barn at Northlands Park has been closed, following an outbreak of equine distemper.

A barn with 150 stalls on the north side of the Spectrum racetrack will be shut down, cleaned and disinfected, upon recommendations from Horse Racing Alberta. The barn will be closed until March 23.

METRO EDMONTON

News in brief

TEENS SOUGHT Warrants have been issued for two teens who are accused of beating three males with batons and pepper spray at the Churchill LRT Station Jan. 5. Police say they arrested a 15-year-old in relation to the attack, but are looking for another 15-year-old and an 18-year-old after studying surveillance footage.

METRO EDMONTON

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What's online today.

Video Military officials suspect Taliban behind deadly blast that sparked anti-Canadian outrage at metronews.ca/canada
Video Hundreds gather to mourn two young children slain in rural Quebec at metronews.ca/canada
Blogs Hollywood Rants on why The Wrestler has drawn Iranian ire.



Gang action target of act, bill

JEFF CUMMINGS
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Alberta Justice says it will continue to rip a page from Robin Hood by taking money from gangs in order to compensate victims of crime.

Alberta police and a team of Crown prosecutors have been working together to hit gangs where it hurts the most — their cash flow — under a two-month-old law that's intended to help victims of crime, said Justice Minister Alison Redford.

Redford made the announcement yesterday, the same day Calgary-Buffalo Liberal MLA Kent Hehr proposed his new bill that will give police more tools in dealing with gangs by removing their guns.

But the province's new Victims Restitution and Compensation Payment Act allows for the seizure of cash and property used in crime and then compensates victims and communities affected by criminal activity.

Redford says police across the province have already



BEN LEMPHERS/FOR METRO EDMONTON

Liberal MLA for Calgary-Buffalo Kent Hehr enters the legislature chamber, yesterday afternoon. He is proposing a new bill to crack down on guns possessed by gangs. Hehr himself was the victim of a stray bullet in a gang shooting.

seized roughly \$4.6 million in cash and re-sellable property since the act came into effect Jan. 1.

Those seizures include a vehicle that was used in an attempt to run over a police officer and a \$500,000 anchorage near Wetaskiwin that was used as a grow-op.

"There's a real concern out there about organized

crime and we simply can't arrest our way out of it," Redford said.

None of the cash and seized property has been given back to victims as it will be up to the courts to decide later this month, even if someone is not convicted of a crime, said Karl Wilberg, director of the province's civil forfeiture office.

"We're not going after people, we're going after their property," Wilberg said.

"What we're doing is what a lot of victims themselves could do in civil court. We're helping Albertans who have been victims of crimes and communities that have been victims of crimes."

METRO EDMONTON

Pool group wants to go deep

DIVE-IN A group is urging city council to go deep when it comes to rebuilding the new Queen Elizabeth Pool and they are raising cash to do it.

John Stobbe, a president with the Queen E Pool Society, wants to raise \$300,000 to make the outdoor pool a little deeper to attract more swimmers during those hot summer months.

"If we are able to increase the depth now, we'll have a pool that can be used by more people," Stobbe said in a phone interview with Metro.

"The city has a limited budget and we respect that."

The group wants to collect all of the cash by the end of the month to make the tank 1.3 metres deeper — something that will allow for more diving boards.

Stobbe said it's an important step since the city removed all diving boards from all of its five outdoor pools.

"The new outdoor pool in Edmonton will be the only one where people can enjoy diving," Stobbe said.

The new pool, set to open in 2010, is being planned on the north side of the Kinsmen Sports Centre.

The original pool, built in 1922, was built in the North Saskatchewan River near Queen Elizabeth Drive.

JEFF CUMMINGS
/METRO EDMONTON

Man trapped, burned after truck hits trolley line pole

INVESTIGATION A 23-year-old man is recovering in hospital after a fiery crash near Whyte Avenue left him with second- and third-degree burns.

The white pickup truck the man was driving smashed a metal trolley

line pole and burst into flames near 109 Street and 84 Avenue around 2:30 a.m. yesterday.

Though paramedics tried to douse the fire with an extinguisher, they were unsuccessful, leaving the driver trapped, the cab com-

pletely engulfed in flames. Fire rescuers pulled the lone male driver from the scorched vehicle.

He was rushed to the University of Alberta Hospital in critical condition.

EMS workers immediately received grief coun-

selling after the accident, because of its horrific nature, said EMS spokeswoman Jill McCormick.

It is not known if speed or alcohol were factors in the accident, but police are investigating.

METRO EDMONTON

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Edmonton Public Schools launched a new website yesterday to highlight some of the best art, writing and multimedia that students are producing. TAG, the online magazine, is available at www.tagmag.net. The first issue will focus on poems, art and video stories. **METRO EDMONTON**

Popular pub closely watched by city

JEFF CUMMINGS
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A popular watering hole along Whyte Avenue is now open for business, but city bylaw officers have vowed to scrutinize it.

Squires Pub was forced to close its doors temporarily in December after being fined five times by the city for overcrowding and seven times by the province for liquor infractions over the last seven years.

The pub was issued a new operating licence by the city this week, and in order to keep its its doors open and avoid a \$2,000 fine the business must follow a list

of strict conditions.

The city has ordered the pub to keep a log of all incidents in the bar, along with keeping a strict count of its customers.

Stairwells and entrances must also be kept clear and staff must be better trained in liquor dispensing under the new conditions imposed by the city.

"We will monitor it closely," said Troy Courtoreille, a senior municipal enforcement officer with the city.

"From a policing model perspective, (the conditions) are probably one of the best policing models you'll find in dealing with hospitality venues such as this."

Courtoreille is a member



A pedestrian walks past the entrance to Squires Pub and Wine Bar on Whyte Avenue and 105 Street.

of the city's public safety compliance team, which is made up of staff from the Edmonton Police Service, city firefighters, and the Alberta Gaming and Liquor

Commission.

"If there are going to be problems, chances are we'll hear about it through one of our stakeholders and agencies," said Courtoreille.

No natural gas rebates to be issued in March

Don't expect any breaks when it comes to paying the heating bill.

For the second month in a row, Alberta's government will not be offering up natural gas rebates because of low natural gas prices.

All three regulated gas companies in the province have charged rates below \$4.75 per gigajoule this month.

The rebates kick in when two of the three regulated companies charge rates above \$5.50 per gigajoule.

Alberta's natural gas rebate program runs from October to March for most customers at a time when households use roughly 80 per cent of the total natural gas consumed for the year.

The program has given roughly \$1.9 billion in rebates to Alberta households since 2003.

METRO EDMONTON

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Tax cuts. Reach out and claim them.

A word cloud of Canadian tax credits and deductions. The words are in various shades of blue and are arranged in a way that 'Children's Fitness Tax Credit' is the largest and most prominent. Other visible terms include 'Public Transit Tax Credit', 'Working Income Tax Benefit', 'Pension Income Splitting', 'Basic Personal Amount', 'Tradesperson's Tools Deduction', 'Apprenticeship Incentive Grant', and 'Children's Fitness Tax Credit' (repeated). The background is a light blue gradient. At the bottom, there is a partial view of a person's head and hands, suggesting a person is interacting with or presenting the information.

The Government of Canada has introduced a wide range of tax cuts to help Canadians save on their taxes. Lower taxes are part of *Canada's Economic Action Plan*.

There are measures like the Children's Fitness Tax Credit, which allows parents to claim up to \$500 in eligible fitness expenses paid for each qualifying child.

There are also the Public Transit Tax Credit and other tax savings designed to benefit people and families from all walks of life.

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A journalist who helped expose the federal sponsorship scandal says he'd rather face jail time than reveal his source in court. Globe and Mail reporter Daniel Leblanc has been ordered to face questions in Quebec's Superior Court about the identity of his source. **CBC NEWS ONLINE**

Canada



Canadians among YouTube winners

YouTube announced yesterday the winners of the world's first online collaborative orchestra, the YouTube Symphony Orchestra, including five Canadians. The musicians will travel from around the world to New York City to participate in a collaborative summit for classical music on April 12 to 15, concluding with a concert at Carnegie Hall.

METRO NEWS SERVICES

JTF2 joins 2010 security

OLYMPICS Troops from the Canadian army's elite Joint Task Force 2 counter-terrorist unit will be assigned to help provide security at the 2010 Winter Olympic Games in Vancouver, a senior military official said yesterday.

Vice-Admiral Dean McFadden's statement came as something of a surprise. The military does not usually comment on the deployment of the JTF2, which is part of its so-called Special Operations Forces.

REUTERS

News in brief

REPORT The report of Newfoundland and Labrador's breast cancer inquiry will be released today, a day later than originally planned due to an electronic error. The report examines how almost 400 breast cancer patients received the wrong results of important lab tests.

CBC NEWS ONLINE

Resolute Bay Brits measure melting



MARTIN HARTLEY/REUTERS

Left to right, British scientists Pen Hadow, Martin Hartley and Ann Daniels pose before starting their Catlin Arctic Survey polar expedition at Resolute Bay in this recent photo. The expedition started Saturday to gauge exactly how fast Arctic ice sheets are melting.

Veiling issue 'hijacked' sexual assault trial: Lawyers

COURTS The issue of whether a Muslim woman can wear her niqab while testifying has "hijacked" a Toronto sexual assault trial

of the two defendants, argue lawyers involved in the criminal proceedings. Adam Weisberg, who represents one of the ac-

cused men, threatened to try to have the charges tossed because of unreasonable delay.

TORSTAR NEWS SERVICE

Officer backs Taser usage

Man struggled, inquiry hears

A police officer who repeatedly stunned a Polish immigrant in a fatal incident at Vancouver's airport defended yesterday the multiple shocks as necessary because the man continued to struggle.

Robert Dziekanski was initially shot with the Taser stun gun after he showed "an intent to attack" the police who had responded to a call of a distraught man, Royal Canadian Mounted Police Const. Kwesi Millington told a public inquiry.

Millington said he remembers immediately firing a second jolt of 50,000 volts because Dziekanski did not fall to the ground, and fired it at least two

more times once he was down because he was still struggling with the officers.

A video of the incident played during the inquiry appears to show a screaming Dziekanski falling to the ground before the second shock was fired.

Dziekanski, who was in the process of immigrating to Canada where his mother lives, died after the struggle although the exact cause of his death has never been determined.

A video of the 2007 incident received international publicity and raised controversy over the police use of the weapons that are intended to disable victims.

REUTERS

Police nab suspects in millionaire murder case

CRIME After 21 months, a 50,000 reward, and "all the resources of the Toronto Police Service," an arrest has finally been made in the shooting death of millionaire philanthropist Glen Davis.

Davis, 66, was killed in the spring of 2007, shot to death in a parking lot on Toronto's Eglinton Ave. E. "More information came forward and on Friday and Saturday three arrests were made," Homicide Staff Inspector Brian Raybould said.

Raybould was tight-lipped about almost all other details regarding this mysterious case, which shocked the city.

Davis was an eccentric man who rode the subway

despite his fortune and kept a low profile despite his humanitarian work.

Raybould refused to comment this morning on whether Davis' death was linked to a severe beating the victim suffered 15 months before he was killed. He would not go into detail about the relationship between Davis and the three arrested, only saying they were linked through business.

The three accused are linked personally and through business, Raybould said.

Ivgeny Vorobiov, 30, Dmitri Kossyrine, 30, and Marshall Ross, 37, have each been charged with first-degree murder.

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Breastfeeding linked to reduced risk of SIDS

Women who breastfeed lower the chances that their baby might die of sudden infant death syndrome, or SIDS, according to a German study. Researchers said they believe that based on their findings, women should be encouraged to breastfeed their infants for six months to reduce SIDS risk. **REUTERS**

7

World



Dalai Lama's young successor?

The Karmapa Lama is a 23-year-old "living Buddha" and the possible successor to the Dalai Lama who may bridge the gap between Tibet's elder leaders and both an alienated Tibetan youth and a suspicious China. This year there is speculation the 73-year-old Dalai Lama could pave the way for someone else to take his place, and it is the Karmapa, mixing youth, intellect and charisma, who is most talked about. **REUTERS**

'Waterboarding' ruled out in U.S.

U.S. attorney general Eric Holder ruled out the use of "waterboarding" as an interrogation technique for terrorism suspects yesterday, calling it a form of torture that the Obama administration could never condone.

Holder's declaration underscored President Barack Obama's break with the former Bush administration's anti-terrorist policies, which were condemned by human-rights groups, civil liberties advocates and U.S. allies abroad.

"Waterboarding is torture ... My Justice Department will not justify it, will not rationalize it and will not condone it," Holder, who is heading a re-

"My Justice Department will not justify (waterboarding), will not rationalize it and will not condone it."

U.S. attorney general Eric Holder

view of the treatment of terrorism suspects, said in a speech in Washington.

One of the most widely condemned Bush administration practices was waterboarding, a form of simulated drowning, which the CIA acknowledged using on three terrorism suspects before it said it stopped in 2003. **REUTERS**

Britain Solo sailor celebrates



British yachtswoman Dee Caffari waves flares as she passes under the Tower Bridge in her boat Aviva on the River Thames in London yesterday. Caffari is the first woman to sail solo non-stop around the world in both directions. **ANDREW PARSONS/REUTERS**

Gunmen attack Sri Lankan cricket team in Pakistan

INJURIES Six members of the Sri Lankan cricket squad were wounded when around a dozen gunmen attacked their bus as it drove under police escort last night to a stadium in the Pakistani city of Lahore, witnesses and officials said. Lahore Police chief Habib-ur-Rehman said five people were killed in the attack by the gunmen, who fired AK 47s and rockets and hurled grenades as the team bus drove to a 60,000-seater stadium in the east-

ern city.

Sri Lanka's sports minister said five players and an assistant coach were wounded.

The attack had echoes of a strike on the Indian city of Mumbai in November which led to the Indian cricket team cancelling its planned tour of Pakistan.

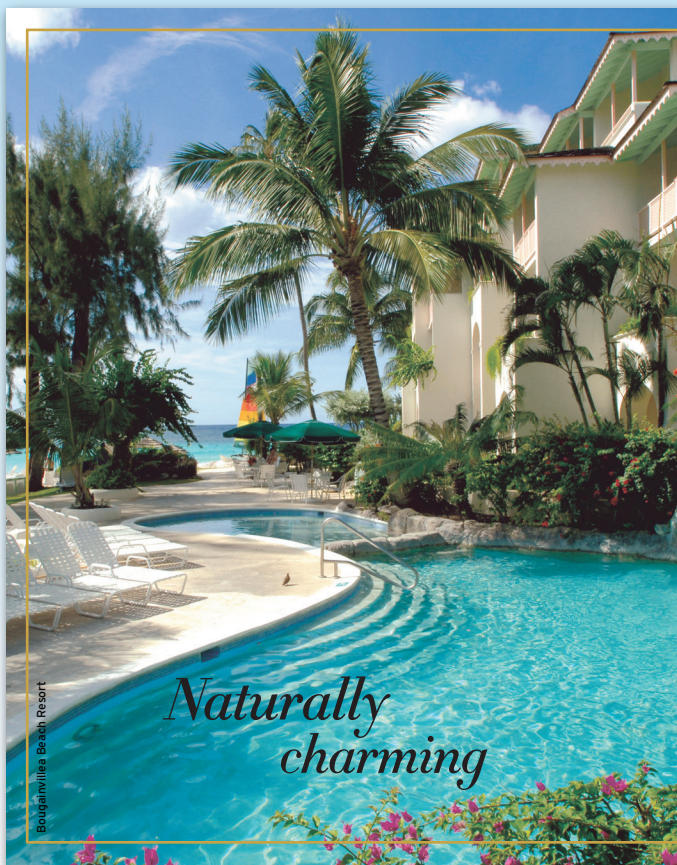
Sri Lanka, which had been invited to Pakistan after India pulled out, immediately cancelled the rest of the tour. **REUTERS**

News in brief

AFGHANISTAN Three Afghan children who died when a shell blew up last week had most likely been handling a Taliban bomb and not a Canadian shell as first suspected, Canada's army said yesterday.

FLORIDA The U.S. Coast Guard rescued one of four boaters yesterday missing in the Gulf of Mexico since Saturday and continued the search for two NFL players and another man. **REUTERS**

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Comment

Harper's in another deep-blue funk

NationalReport

Lawrence Martin

metronews.ca/nationalreport

What is irking the prime minister these days? It looks like he's back in confrontation mode, one of his deep-blue funks.

How about his plan to distribute \$3 billion in

stimulus funds from behind closed doors? Either accept it, he tells opposition leaders, or we'll have another election. The ultimatum came at the same time his information commissioner, Robert Marleau, released a report denouncing the government's habitual secrecy. Well, Marleau, the PM so much as said you can get stuffed, too, just like the opposition.

We have the news also that Harper's war-room staff are reviewing hours of tape of Liberal Leader Michael Ignatieff to find material for some cheap at-

tack ads. In a show of civility, the PM had refrained from doing this. But now he's going back into the gutter. Attack ads never used to be used between election campaigns in Canada. Harper started the practice against Stéphane Dion, and now Iggy had better beware. This prime minister will go as low as it takes.

On the foreign front, the Conservatives have suddenly turned cold warriors. They tried to get a great ruckus going with Moscow,

announcing that Russian planes got close to Canadian air space near the time of Barack Obama's visit. The

Russians do these flybys as a matter of routine. The story was one of the great yawners of the winter. But the PM likely figured some suckers in the media would take it seriously and portray him as a tough guy standing up for Canadian sovereignty against the evil reds.

Then he took on Iran, using vile words to denounce the regime. It was a little

late — about two years behind everyone else — to get in on this story. But with the big liberal winds rushing across the continent, Harper needs to shore up his right-wing base. Russia and Iran will do, along with more deification of Israel thrown in for good measure.

Things are uppity in Ottawa. The PM's office is reportedly beside itself over reports that the Governor General received an invitation to visit Obama in Washington while the prime minister did not. Unnamed sources — we can

guess from where — are saying that no, she didn't. The Governor General's office is saying that yes, she did.

Harper took a lot of hits over the winter and now clearly wants to show he is back in command. But when he gets in these kinds of zones, things can get ugly. He wasn't exactly cut out for minority governments and he's starting to run this one like he did the last: Like he won a landslide.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Volunteering a functional approach to violence

InStep

Christine Williams

Spurred by political drives for guns bans, I once remarked in jest that banning knives would be proposed, followed by a ban on scissors, hammers and anything else that could potentially be used as a murder weapon. Well, Edmonton Mayor Stephen Mandel is actually thinking about a ban on the sale of large knives follow-

ing a recent rash of stabbings. It's another knee-jerk reaction by politicians trying to show their voting bloc that they are steadfast defenders of public safety.

Our politicians recognize that silence is never golden in political life, particularly when there is a public outcry on any matter.

In Vancouver there have been seven brazen shootings in February alone as B.C. continues to grapple with surging gang-related crime. In response, Ottawa unveiled anti-gang legislation that guarantees an automatic first-degree murder charge for any homicide linked to organized crime.

Time will tell how effective this bill will prove to be at reducing violence. In the meantime, there is a practical component that both governments and citizens can work on together: Building mentorship programs, supported heavily by volunteerism.

With National Volunteer Week coming up soon, consider the facts: In Canada, roughly 12 million volunteers contribute \$112 billion in economic revenue, a bigger contribution to the country's GDP than the manufacturing sector. In fact, volunteers are saving jobs by keeping many social service and health agencies afloat.

Vulnerable youth recruited into gang life have shown some remarkable turn-arounds when integrated into mentorship programs in which volunteers are vital. But it costs money to recruit, train and promote volunteers. In tough economic times, crime and violence escalate.

It's time for governments to implement a common-sense approach to both crime and stimulating the economy by investing in volunteerism to help improve our communities.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

RCMP TASER PRACTICE:



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Intel, TSMC team up on developing Atom-based technology

Intel Corp and TSMC have agreed to team up to develop and make the low-cost Atom chip for use in a swathe of consumer electronics devices beyond netbooks. **REUTERS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

More bad news in GDP report

The Bank of Canada is poised to cut its overnight rate in half today as it attempts to pull the Canadian economy out of a downward spiral.

The rate cut comes one day after a dismal GDP report that proves the economy landed with a thud in the final three months of last year. Gross domestic product fell by 3.4 per cent, according to Statistics Canada. The decline officially marks the economy sliding into its first full-blown recession since 1991.

The severity of the drop does not reveal how much worse the economy is likely to get, or how long the

"It's like the opening shot."

Doug Porter, BMO Capital Markets

slump will last. "It's like the opening shot, really," said Doug Porter, deputy chief economist at BMO Capital Markets.

Economists say the first quarter of this year is likely to be worse.

The GDP report sent stocks in Toronto plunging to levels not seen in more than five years. The S&P/TSX composite index dropped 435.51 points to 7,687.51, its lowest point

since the fall of 2003.

However, Canada was better off than other industrialized nations. The U.S. economy shrank by 6.2 per cent, Europe was down roughly six per cent, Japan was down 12.7 per cent and Mexico's economic output declined by more than 10 per cent.

"So Canada was the cleanest horse in a muddy race in the quarter," Porter said. "There's no getting around it that was quite a serious pullback for the Canadian economy, but we actually escaped some of the worse damage that we saw around the globe."

TORSTAR NEWS SERVICE

New bailout as AIG posts record loss

INSURANCE American International Group Inc. posted a record \$61.7-billion US quarterly loss yesterday and got a new, but not necessarily final, government bailout after officials concluded again that letting the insurer fail would threaten the world financial system.

AIG will get access to up to \$30 billion of new capi-

tal, after getting a commitment for \$150 billion in aid last year that gave the government a stake of nearly 80 per cent.

The latest bailout avoids, for now, any crippling credit rating downgrades that could force AIG to come up with billions of dollars it might not have.

REUTERS

Business in brief

NORTEL Ailing telecom-equipment maker Nortel Networks Corp., now operating in bankruptcy protection, said yesterday its quarterly loss more than doubled as it booked over \$2 billion US in noncash write-downs and saw its sales plunge. Nortel, North America's biggest maker of telephone equipment, said it lost \$2.14 billion, or \$4.28 a share, in the three months ended Dec 31.

BANKING HSBC launched Britain's biggest rights issue, raising £12.85 billion (\$23.17 billion) yesterday to help it overcome big losses in the United States and exploit the woes of weaker rivals. Europe's biggest bank said it would shut most of its U.S. consumer lend-

ing business, cutting 6,100 jobs, but that it was ready for acquisitions in its traditional stronghold of Asia where many banks are pulling out to focus on core markets.

SPENDING U.S. consumer spending rebounded in January, snapping six months of declines, and incomes rose unexpectedly, boosted by salary increases for government employees, a U.S. government report showed yesterday. But the gains in January are likely to be temporary as wages and salaries continue to fall amid a deepening recession. The Commerce Department said spending rose 0.6 per cent, the largest increase since May, after falling an unrevised one per cent in December.

REUTERS



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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



Tax credit vs. tax deduction

Q This tax year would be my first full year of employment since graduation. My tuition and education deductions carried from past years are slightly greater than my total employment income. Technically, I should have no income after deductions. However, my accountant disagrees and says I will not get all my taxes back. Why?

— Masoud

A Don't we all love this time of year! It's important to distinguish between a tax credit and tax deductions: They will not impact your taxes the same.

Income taxes payable are calculated based on taxable income. Taxable income is determined by adding all sources of income, less tax deductions. Non-refundable tax credits reduce income taxes

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

payable at the lowest marginal tax rate (with the exception of charitable donations) while tax deductions reduce taxable income.

Non-refundable tax credits would include such items as education and tuition amounts, medical expenses, public transit credit, employment credit, children's fitness credit, etc.

Tax deductions include RRSPs, childcare expenses, business losses, rental losses, capital losses etc.

Reach Henry Choo Chong, CGA, at
choochonghcga@yahoo.ca.

On guard against fraud

SmartCookies



One of the least exciting purchases made by a Smart Cookie would have to be a paper shredder. However, it could also be said to be one of the smartest.

Sandra decided a shredder was a necessity after her mail went missing, her credit card was stolen and a note popped up in her apartment building elevator warning residents of identity theft. Thankfully, she didn't have to deal with identity theft, but the thought of having someone steal her personal information and using it to commit fraud, potentially destroying her credit score and

costing her time and money to correct the fraud and rebuild her financial picture, was enough for her (and the rest of us) to implement these Smart Cookie procedures.

It's no secret that we like to price compare and purchase online, so if you're purchasing an item online, make sure that the site is secure. The address should have the prefix "https" and show a padlock.

It's advised that online passwords (or any password that protects financial information) be switched up every few months. But we think as long as you are selecting a tight password (translation, don't use your birthday or your partner's pet name), then you should be OK.

You should, however, use different passwords for your credit card and banking info. That way, for example, your banking info will be protected if for some reason someone had your credit card pin.

Fraud Prevention Month

If you happen to be shopping in-store, shield the debit machine while entering your code. Yes, be that person! It's better to protective than footloose and fancy free when it comes to your cards and your pin numbers.

Also, clean out your wallet so that only the personal information and credit cards you actually need and use regularly are kept with you. Otherwise, keep the important cards with the important numbers at home in a safe place.

At least once a year, it is also good idea to get a copy of your credit report. If you mail in your application you can receive your score for free. That way you can see if there have been any inaccuracies within the past year that you may have missed. Check out smartcookies.com for the appli-

cation and more on obtaining your credit score.

And if you have bills mailed to you, keep track of when your bills and bank statements arrive (they should arrive around the same time every month.) If they are late, check with the companies immediately to find out the reason for the delay. And never throw your documents into the recycle bin. Rip or shred the documents that contain personal information. If you don't have a shredder then perhaps it's time to add this to the 'oh so boring but necessary' shopping list.

For more money saving tips, tune in to the second season of the Smart Cookies on the W Network — Monday nights at 10:30 p.m. PST/EST. If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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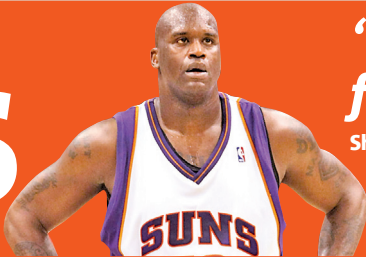
TSN reported last night that Oilers captain Ethan Moreau will not require surgery on his right eye after taking a stick to his face Saturday. He is expected to miss at least a week of action, but will be re-evaluated Thursday. **METRO NEWS SERVICES**

Sports

"That's strong words coming from the RuPaul of big men"

Shaquille O'Neal to the Arizona Republic, responding to comments Chris Bosh made alleging that O'Neal benefited from referees ignoring his three-second violations in the lane during Friday's 133-113 Phoenix victory over Toronto. Shaq scored 45 points in the game.

METRO NEWS SERVICES




EDITOR: JOHN.CHICK@METRONEWS.CA

Isles win battle of lottery teams

NHL Yann Danis needed to make just 20 saves to help the New York Islanders to a 4-2 win over the Colorado Avalanche last night on Long Island.

Jeff Tambellini had a goal and an assist while Bruno Gervais, Dean McAmmond and Jesse Joensuu each had a goal for the Islanders, who have won their last two games.

Ryan Smyth scored twice while Andrew Raycroft surrendered all four goals on 31 shots for the Avalanche to give Colorado its fifth-straight loss.

The Islanders scored the only goal of the first period with 6:45 left in the frame as McAmmond's wrist from the top of the right circle squeezed between the pads of Raycroft. **METRO NEWS SERVICES**

What's a number?

ANDREA WOO
for Metro Canada



Aleisha Cline's response to how she juggles being both a mother to two small children and an Olympic athlete isn't too surprising.

"Oh God," said the Calgary-born, Kelowna, B.C.-raised ski-cross champion with a laugh. "That's not easy. (I get) a lot of support from the family because there's no way that I could do it otherwise."

Cline, who lives in Whistler, B.C., with her husband and children, has inspired many by not only balancing the two, but by doing so at age 38. In comparison, her youngest teammates on the Canadian ski-cross team are only 19.



Aleisha Cline, 38, will compete in the 2010 Games.

"Hopefully I can be an inspiration and a role model to other women my age with a couple of kids. Most women out there think, 'Oh my God, I have two kids. My life is over.'"

Cline has four gold medals and one silver from the X Games.

On Feb. 6 she added another gold medal to her collection at the World Cup competition at Cypress Mountain in West Vancouver, winning all four of her races while hometown friends cheered her on. Having acquired a taste for the precious yellow metal, she hopes to chomp her teeth into it once again at the 2010 Winter Games, when ski cross will be an Olympic sport for the first time.

"It's so neat to be able to ski and race and show my friends and family what I do when I'm gone," she said. "You can send emails and photos and tell them about the course, but you really don't get a good feel of it until you get to see it."

Ski Cross **Hardware for Canada**



AGENCE ZOOM/GETTY IMAGES

Ashleigh McIvor of Canada, second from left, took first place and gold during the FIS Freestyle World Championships Women's Ski Cross event in Japan yesterday. Fellow Canadian Davey Barr won bronze in the men's event.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Get fit on the cheap

Opt for household items and inexpensive resistance tools, say experts

PATRICIA D'CUNHA
for Metro Canada



Dancing in the streets may be the frugal way to get a workout, given these tough economic times.

But luckily there are many other ways to stay in shape and maintain an active lifestyle without emptying the wallet.

"Getting active doesn't require a big investment of time or money," says Kelly Murumets, CEO and president of ParticipACTION, a non-profit organization that encourages healthy, active living among Canadians. "Simple activities, like

Riding the Recession

doing errands on foot, walking your dog or taking the stairs, can make a big difference in your health."

Murumets says that walking is one of the cheapest and easiest ways to stay active, whether it is walking to work, the grocery store, the subway, or up and down the stairs. "You don't need a budget to get active — you just need to get moving," she said.

She says there are simple things people can do to stay active on a budget, such as

dancing in the living room, doing yoga, playing soccer with family and friends, lifting loads of laundry, tobogganing, shovelling snow or even cleaning the house, to name a few.

Cardio activities are not the only things needed to stay in shape — core muscles groups also need to be worked, and going to a gym is not the only way to increase strength. "You [don't] need to spend a lot of money on fancy gadgets or the latest technology to keep it interesting. There are many household items you can use to make sure you keep moving," says trainer Ivy Lim, owner of iPower Train Fitness. She

suggests using a counter-top, a bench or two chairs to do triceps work, or taking two large cans from the pantry and trying bicep curls.

There are also some simple and inexpensive things you can buy to help with working those core groups. Lim recommends tubing or exercise bands as resistant tools. "They come in different lengths and tension, so you can use them for all your major muscle groups," she says, as well as a stability ball, which can be used for abs, legs and arms.

If you despise exercising solo, there is a solution to make staying active more fun. Lim says to find a power-walking pal or a running/walking/sporting team in your neighbourhood. "There are now a lot of

The essentials

Kelly Murumets, CEO and President of ParticipACTION, recommends these inexpensive exercise tools and gear:

- **Endurance:** Invest in running shoes for walks, runs and bike rides.
- **Flexibility:** Yoga mat and favourite music to dance or stretch to.
- **Strengthening:** Light weights, dumbbells, medicine ball and surgical tubing.

PATRICIA D'CUNHA/
FOR METRO NEWS CANADA



Trainer Ivy Lim of iPower Train Fitness, demonstrates a bicep curl using a resistance band.

bootcamp programs with various price ranges — it doesn't tie you in to a year-long membership," she adds.

Online dating during hard times

The J Spot

Josey Vogels

Sex talk with Josey

We're all looking to get the best "bang for our buck" these days, but when it comes to online dating, the phrase takes on an even more literal (if slightly crass) meaning.

Single folks, it seems, are flocking to online dating sites and services. Match.com says business is up 40 per cent, plentyoffish.com has seen a 77 per cent increase in traffic, speeddate.com traffic is up 60 per cent, the list goes on.

The reasons for the spike make sense: Unemployed people have more time on their hands, online dating is relatively inexpensive (a \$30 membership to meet a bunch of duds, rather than wasting a \$100 dinner on one dud), during hard times we focus on what really matters in life and we seek

the comfort of relationships to get us through the depressing and scary bits.

But, just because it's cheap, doesn't mean you're always getting the best value. Jill Ryan runs Romantic Recruiter, a service that helps people get the most out of their online dating experience. Yes, it'll cost you (go to romanticrecruiter.com for fees) but today Ryan is doling out some free advice:

J: How can you get the most value for your online dating buck?

RR: Going with whichever site jammed your inbox with the most junk mail can hurt more than help.

Remember that everyone's dating experience is unique. Just because one site works for your friend or co-worker doesn't mean it will work for you.

Investigate sites before signing up and handing over your credit card information. Check the site's refund and payment policy (some have auto-renewal and you won't know it until it happens unless you read carefully!) as well as online reviews for success and horror stories.

J: Do free sites work?

RR: Not likely. Free accounts on dating web sites usually allow you to see your matches but won't allow you to contact them without paying. Paid member can contact non-paying members but many free sites will automatically delete personal information like email addresses or telephone numbers to prevent customers from making a "match" outside the site.

J: Any other words of caution?

RR: No site can offer 100 per cent protection — it's ultimately up to you to keep yourself safe. But find out whether site has a "complaints" department, just in case.

Common sense goes a long way. Never send money to anyone who solicits through emails. Never exchange personal information you would not feel comfortable discussing with a colleague. That freedom comes much later in the communication process after you exchange personal email addresses.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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Bateman Up In The Air

Arrested Development star Jason Bateman and Juno director Jason Reitman are teaming up for the new movie, Up In The Air. Bateman will play the boss of George Clooney's character, a corporate downsizer who becomes obsessed with collecting a million frequent flier miles. [EMPIREONLINE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Pitt perfect

U2 wants Brad Pitt to star in a movie about their lives. Guitarist The Edge thinks the Hollywood hunk would be the perfect person to portray him in a film about the Irish group. [FEMALEFIRST.CO.UK](#)

U2 not afraid to cross the line

BRYAN BORZYKOWSKI
for Metro Canada

When Bono told Rolling Stone in January that U2's new album, No Line On the Horizon, "tapped into our interest in electronic music" you could almost hear millions of fans nervously grinding their teeth. After all, the last time the group jumped headfirst into electronica they produced Zooropa and Pop, two albums that many followers would like to forget.

While a lot of people hoped Bono was kidding, now that the album's out, they can hear firsthand that he wasn't. To put it simply, picture what Pop would sound like if it mated with How to Dismantle an Atomic Bomb — there are giant riff rockers on the

single Get on Your Boots, and some very un-U2-like electro synth during the intro of Magnificent.

If the band's past is any indication, there's no doubt plenty of fans will be turned off by the group's experimental tendencies. Although people flocked to the keyboard-heavy Achtung Baby, U2's supporters scratched their heads at Zooropa and pretty much abandoned the group when they released the middling Pop.

It took a return to their sweeping Joshua Tree-like melodies with All That You Can't Leave Behind in 2000 to bring back

the masses, eventually allowing the foursome to reclaim their "best band in the world" status.

Will things be different this time? Only time will tell, but let's hope for U2's

sake that they don't.

If anything, Bono, The Edge, Larry Mullen Jr. and Adam Clayton should be embraced for pushing their musical boundaries. Sure,

it's not a complete makeover, Edge's trademark delay guitar is here, so is Bono's passionate, over-the-top crooning, but at least they're finally smart enough to realize that while a classic sounding album will sell 10 million copies, that's worthless if they can't keep themselves creatively inspired.

Imagine for a minute if U2's fans stayed on the bandwagon during the '90s. The group might not have produced Elevation or Vertigo; rather they'd be on the cutting edge of experi-

mental music, possibly even mentioned in the same breath as Radiohead.

Yeah, that's likely a stretch, but if their admirers had allowed them to keep reinventing themselves they'd be a far more intriguing band.

So, U2 might have been set back a couple decades, but it's time to let the band do what they want. The group will be that much better if they're free to experiment.

However, just because they're feeling adventurous here, doesn't mean we should let them off the hook if their tunes are terrible. Go nuts, throw in a theremin solo or some minimalist ambient tones on your next disc — the only thing U2 owes to their fans is that whatever they're going to do, they do it well.



U2's Adam Clayton, left, The Edge, Bono and Larry Mullen, Jr. [GETTY IMAGES](#)

In brief

CASTING Former TV leading ladies Alyssa Milano (Charmed) and Kim Raver (Lipstick Jungle) are back with lead roles in ABC pilots. Milano will play a successful lawyer and single mother in an untitled comedy centering on a telemarketer and struggling writer (Eric Christian Olsen) who is torn between his needy best friend and the newfound love of his life (Milano).

TV The economic downturn is jeopardizing The Sarah Silverman Program, one of Comedy Central's signature series. The show's creators — Silverman, Dan Harmon and Rob Schrab — have threatened to quit after the cable network told them the budget for their series would be slashed by more than 20 per cent. The show has yet to be renewed for Season 3.

REUTERS

GlobalStyle



Kenya Hunt

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For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](#)

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/3/09	2	CFRN	239 318	etalk	Hollywood	Law & Order: SVU		American Idol (HDTV) Semifinalists perform.				News (N)
	3	KHQ	- 370	College Basketball	USC Upstate at Gonzaga. (Live)			The Biggest Loser (N)				Law/Ord SVU
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors		NCIS "Capitol Offense"		The Mentalist (HDTV)		Without Trace
	7	CKEM	241 347	Law & Order: SVU		The Bachelor (N)		Privileged		Scrubs	Scrubs	Your City
	8	CITV	240 339	ET Canada	Entertainment	90210 (HDTV)		NCIS "Capitol Offense"		Project Runway Canada		News Hour
	11	OMNI	-	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	12	CBXFT	119 705	Virginie (SC)	La Factice	Providence (HDTV) (SC)		Roxy (SC)	Grosse vie	Le Téléjournal et Les Nou		TJ Alberta
	13	KXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Homeland Security USA		Scrubs	Scrubs	The Bachelor
	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) Semifinalists perform.				News (N)
news	19	CHTV	-	The Insider (N)	E! News	Ruby	Kimora-Fab	The Biggest Loser (N)				News (N)
	22	KSPS	- 374	NewsHour With Jim Lehrer		The Brain Fitness Program		Heart Healthy Yoga: Yoga		Carnegie Hall		Independent
	24	WTVS	- 364	Andre Rieu: Radio City		Daniel Pink: Living on the Right Side		Change Your Brain, Change Your Life				
	15	CBCN	502 -	CBC News: The National		Everybody Has a Soul		CBC News: The National		CBC News: The National		Soul
	21	TWN	505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	27	CNN	500 500	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	54	CTVN	501 391	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	70	BNN	504 508	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	20	TSN	400 400	NHL Hockey		SportsCentre (HDTV) (Live)		In This Corner		Boxing Andre Berto vs. Luis Collazo.		
	23	net	408 418	NHL Hockey: Oilers at Predators			Sportsnet Con.	Hockey Central	Flames Week	Sportsnet Connected		Oilers in Hour
sports	47	SPEED	417 406	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!
	94	SCORE	410 403	(5:30) Court Surfing		Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score
	9	EDACC	267 351	Truth, Duty, Valour		Without a Trace (HDTV)		Reaper (N)		Law & Order		Truth, Duty
	14	YTV	552 543	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	45	FAM	557 541	Life Derek	Wizards-Place	Han. Montana		The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (SC)		TVA 22 heures
	18	CMT	575 583	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes		Home Improve.	Home Improve.	Reba
	25	A&E	615 520	The First 48 (HDTV)		Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (HDTV)		The First 48
family	26	MMM	571 581	Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed		Party of Five "What If..."		Gene Simmons
	29	FOOD	603 561	The F Word		Good Eats	Good Eats	Iron Chef America		Challenge "Fire & Ice"		The F Word
	31	SHOW	617 522	Wife Swap		The Outer Limits		Mutant X "Lit Fuse"		Testees	Trailer Park	The L Word
	32	DISC	520 505	Destroyed	Time Warp	Extreme Loggers (N)		Daily Planet		Destroyed	Time Warp	Ext. Loggers
	33	SLICE	601 562	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Trinny and Susannah Undress		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	Good Naked
	35	TLC	521 560	18 Kids-Count	17 Kids-Count	Toddler & Tiaras (N)		17 Kids-Count	17 Kids-Count	17 Kids-Count		Toddler-Tiara
	36	BRAVO	620 523	Scotty Moore & Friends: A Tribute to the King				Law & Order		Without a Trace		Movrem Callar
	38	SPIKE	628 584	Ultimate Knockouts 2		DEA (HDTV) (N)		Real Vice	Real Vice	CSI: NY "Sweet 16"		Disorderly
	40	HIST	522 506	Crime Stories		NCIS		Sea Hunters		Cities of the Underworld		Engineering
cable variety	41	COM	626 547	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	43	SPACE	627 528	Star Trek: Voyager		Destination Truth (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	44	WPCH	294 650	(6) The Ice Harvest		Steve Harvey	Seinfeld	Family Guy	Family Guy	The Ice Harvest (2005, Comedy-Drama)		Bounty Hunter
	46	OLN	411 457	Mantracker		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter
	48	TROP	619 525	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	50	STAR	621 527	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ	etalk	The View Fashion.		Ellen Show
	52	HGTV	600 564	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	65	TLN	700 800	Nati Ieri		Raymond	Raymond	George Lopez	George Lopez	The Sopranos (SS)		David Rocco
	92	APTN	269 350	Wings-Canada	Storytellers	Wapos Bay	Cashing In (N)	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	93	VISION	261 394	Quantum Leap		I Prophecy	Supernatural	Poltergeist: The Legacy		Escape From Wildcat Canyon (1998)		
cable variety	100	MTV	581 566	From G's to Gents		From G's to Gents (N)		MTV Live	After	The Girls of Hedsor Hall		G's to Gents
	101	MM	570 580	Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift		Redemption	Redemption	Technical Diff.
	102	CPAC	512 396	(6:30) Primetime Politics			Revue	Question Period		Prime-Politics	Primetime Politics	
	103	VIVA	526 507	The West Wing		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Commander
	106	RDI	126 730	Le Téléjournal (SC)		RDI en direct		Le National	Le Téléjournal (SC)	Le Journal RDI	Le National	Le Téléjournal

critics'corner

Cashing In
It's "Las Vegas" on the rez. This new comedy-drama series follows the lives and loves of folks at a First Nations casino in southern Manitoba. New owners have ambitious plans for the facility — plans that aren't shared by the locals. Eric Schweig, Glen Gould, Wesley French and Sarah Podemski lead the cast. 8:30 PM on APTN



Live at the Rehearsal Hall
Catch the Newfoundland musical phenom in this episode from 2005. The band wows the crowd with its energetic interpretations of traditional Canadian folk music mixed with original material. The members also chat with host Lance Chilton. 6 PM on BRAVO

The Biggest Loser
Chef Rocco DiSpirito takes contestants to a restaurant, where they learn to make healthier choices when dining out. Later, the "losers" compete in a cook-off, with the winning team getting a meal prepared by Rocco as well as a chance to pick a fortune cookie with something valuable inside. 9 PM on KHQ CHTV



Chris Brown's friend Mekhi Phifer says no matter what happens between Brown and Rihanna, he told E! online he wishes "them both the best." He also added he thinks Brown's age, 19, was a big factor in what went down between the two singers. **METRO NEWS SERVICES**

Celebrity Buzz

Amy's back in the U.K.

PEOPLE Amy Winehouse is back in the U.K. — with an old hairstyle and a new life, people.com reports.

The singer, 25, arrived early Sunday, sporting her trademark beehive, which replaced the curly mop she had worn during her near three-month extended vacation on the Caribbean island of St Lucia.

And while the hair was back, she has a fresh start ahead of her. Soon after her plane landed at London's Gatwick Airport, Winehouse received a tour of her new home on the northern outskirts of Lon-

don by her father Mitch, and they spent much of the afternoon watching their soccer team Tottenham Hotspur lose to Manchester United, the website reports.

"As she said when she got back, 'I love London more than anyone else,'" a source close to Winehouse tells People. "She missed London. She's fine."

But there is also the issue of her marriage

to sort out, as estranged husband Blake Fielder-Civil moved toward divorce in January.

To the delight of his family, Fielder-Civil was freed from jail late last week after serving his sentence on charges of assault and attempting to pervert the course of justice.

A source tells

People that the couple has not seen each other since the singer's return. Winehouse has said she's determined not to let Fielder-Civil divorce her, but a source close to him vows to People that it will go forward. Her rep, Chris Goodman, has heard nothing official on the possible marriage breakup.

As for a report in the Sun tabloid that Winehouse got into a fight with a fellow passenger on her flight home, a source close to her dismisses it saying, "There was some banter, that's all."

METRO NEWS SERVICES



Lindsay's 'before 30' death wish?

PEOPLE The people closest to Lindsay Lohan are apparently worried sick over recent alleged confessions by the starlet that she doesn't expect to live past her 30th birthday.

"She's said many times that she never wants to live too far past

30 because she doesn't want to get old and ugly," a Lohan friend tells Star magazine.

"She's always wanted to die young like her idol, Marilyn Monroe."

And what's worse, "Lindsay just doesn't seem to be bothered by the fact that she'll die," another friend tells the magazine.

METRO NEWS SERVICES



Marley promo's gone to the dogs

PEOPLE It's amazing the lengths some stars will go to promote a movie.

Jennifer Aniston and Owen Wilson appeared on German TV talk show Wetten Das to plug their hit dog movie Marley & Me. The show's host had some interesting canine-themed activities planned for the stars, including eating dog biscuits.

"They're a little dry," Aniston said, grimacing.

METRO NEWS SERVICES



Rihanna rumour mill chugs on

SCANDAL Khloe Kardashian was reported to be partying with Chris Brown after he and Rihanna were reported to be in Florida together, but she denied that on her blog, adding she's never even met Brown.

METRO NEWS SERVICES



Beyoncé's messy habits

PEOPLE Beyoncé Knowles has revealed that she is constantly annoying her rapper husband Jay-Z, because of her mess she leaves lying around in their New York home, femalefirst.co.uk reports.

The couple resides in Jay-Z's luxury Manhattan apartment, but Beyoncé admits her relaxed attitude to her home life means she's always leaving her belongings all over the place.

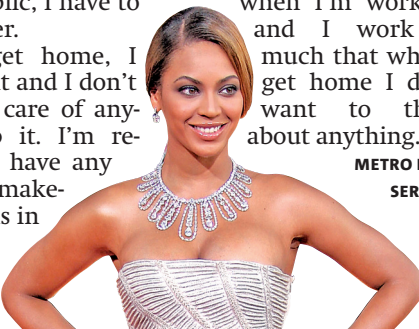
She tells the April issue of Ebony magazine, "I'm a little messy ... Whenever I'm out in public, I have to be put together."

"When I get home, I rebel against it and I don't want to take care of anything. I drop it. I'm relaxed. I don't have any shoes on. No make-up. My purse is in the kitchen."

"I think that is most

difficult thing for him. He's very, very organized. I'm extremely organized when I'm working, and I work so much that when I get home I don't want to think about anything."

METRO NEWS SERVICES



Benji talks Madden family life

FAMILY They are twins who "share everything," but Benji and Joel Madden have very different lives right now — and Benji couldn't be happier, people.com reports.

Two weeks after Joel and Nicole Richie announced that they're expecting baby No. 2, the "single" twin tells People he's ready to be an uncle again, just not a dad.

Besides, he's had a while to

get used to the idea — he knew about the pregnancy long before it was announced publicly. "You have to wait before you can tell people," he said. "I found out a little bit earlier. We're twin brothers"

so we share everything." Benji, who calls the pregnancy "exciting," hopes his brother has a big family. "They're the best parents I've ever seen," he says.

But he doesn't rule out being a father in the future. "I'm great with kids and I absolutely want kids when the time is right and I have the right partner," he says. "I'll bring them on tour. They'll be little rock 'n' roll kids."

METRO NEWS SERVICES



Madonna's payback?

PEOPLE Madonna was once again turning heads over the weekend by parading 22-year-old Brazilian male model Jesus Luz around New York.

The pair was spotted hitting the Kabalah Centre and having a romantic dinner together. Why all the high-profile outings?

"She

loves showing her ex that she can still get the youngest, hottest thing out there," a Madonna pal tells Us Weekly.

Whether she's trying to prove something to Guy Ritchie or Alex Rodriguez is anyone's guess, though.

METRO NEWS SERVICES



'Enough is enough': Katie on the rumours

PEOPLE Katie Holmes is finally opening up about rumours about her life with husband Tom Cruise and their daughter, Suri, affected her.

"Some of the stuff (people said) was such absolutely horrible things to say about a child," Holmes says in the April issue of Glamour.

"It was so uncalled for and so disgusting. Enough is enough."

And Cruise, more experienced at handling gossip, did his best to calm the young mother down.

"We were changing diapers. He said, 'I don't want you to get upset,'" Holmes says. "And I said, 'Well, I am upset.'"

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Starts March 3rd

Evgeni Malkin Roberto Luongo

Starts March 10th

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Today
Mostly cloudy
1°C / -7°C



Wednesday
Mostly cloudy
-1°C / -12°C



Thursday
Clouds, snow
-9°C / -12°C



Michele McDougall, Weather Specialist & Host – Breakfast Television
“My favourite part is reporting the weather. It fascinates me, and as we know around here, it’s always changing, keeping forecasters on their toes.” **WEEKDAYS AT 6 A.M.**

Take Five

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19				20			
			21				22					
23	24	25				26				27	28	29
30					31				32			
33				34					35			
			36				37					
38	39	40				41				42	43	44
45					46				47			
48					49				50			
51					52				53			

Crossword across

- | | | |
|------------------|-------------------|----------------|
| 1 Harvest | 22 Sticky stuff | 45 Hindu royal |
| 5 Crafty | 23 Take ten | 46 Grand view |
| 8 One of Henry | 26 Baby food | 48 Teensy bit |
| VIII's Catherine | 30 Blueprint | 49 Superlative |
| 12 Shrek is one | 31 The whole | ending |
| 13 Go like the | shooting match | 50 Rainbow |
| wind | 32 Nevada city | 51 Kelly or |
| 14 Hodgepodge | 33 Whodunit | Rayburn |
| 15 French fries, | 35 Make pigtails | 52 Personal |
| e.g. | 36 Sphere | question? |
| 17 Turnpike pay- | 37 Luau staple | 53 Prohibits |
| ment | 38 O'Neill's spe- | |
| 18 Curvy letter | cialty | |
| 19 Sceptre | 41 Columnist | |
| 20 Relieve | Smith | |
| 21 Trench | 42 Energy | |

Crossword down

- | | | |
|-------------------|------------------|--------------------|
| 1 "Clue" weapon | 20 Weep loudly | 35 Long-popular |
| 2 Ids' | 21 Marceau forte | clown |
| counterparts | 22 Cowboy's | 37 Mottled pony |
| 3 The "A" in | sweetie | 38 Party pooper |
| "A&E" | 23 Spinning | 39 Assess |
| 4 Pod occupant | meas. | 40 In due time |
| 5 "Phooey!" | 24 Tarzan | 41 Whip |
| 6 Told a big one | portrayer Ron | 42 Brazilian rub- |
| 7 "Of course" | 25 Part of UNLV | ber |
| 8 A little of | 26 Thickness | 43 Eastern |
| everything, on | 27 Meadow | potentate |
| "Jeopardy!" | 28 Half of bi- | 44 Just say no |
| 9 Burn soother | 29 Chic, to | 46 Church seat |
| 10 Streamlet | Austin Powers | 47 Eve, originally |
| 11 Somersault | 31 Wall St. | |
| 16 Silly Rabbit's | wheeler-dealer | |
| desired cereal | 34 Mound stat | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

O	F	F		A	B	C		B	U	L	B			
P	O	L	O		B	A	H		O	R	E	O		
E	W	E	R		A	N	I		U	N	I	T		
C	L	E	A	N		G	L	E	N					
				N	I	P			I	N	T	O	T	O
G	A	R	G	L	E	D		S	Y	R	U	P		
A	G	E	E		G	U	M		H	E	B	E		
B	R	A	C	E		D	E	F	U	S	E	D		
S	A	M	O	A	N		W	A	N					
				U	T	A	H		S	T	A	R	K	
A	M	E	N		S	U	M		E	V	E	N		
S	O	R	T		A	G	E		R	I	D	E		
S	W	A	Y		L	E	G		D	O	E			

3	7	2	6	9	4	5	1	8
5	9	6	1	8	7	4	3	2
4	1	8	2	5	3	7	9	6
2	5	3	7	6	1	8	4	9
9	4	1	3	2	8	6	5	7
8	6	7	9	4	5	1	2	3
7	3	9	4	1	6	2	8	5
1	2	5	8	7	9	3	6	4
6	8	4	5	3	2	9	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart	
Under 13 min	Genius	21-25 min	Not bad
13-17 min	Scholar	25+ min	Keep practising

Metro Recipe of the Day



Sweet and Sour Vegetable with Tuna

INGREDIENTS:

2 6 1/3 oz (180 g) tuna steaks
2 tsp (20 ml) olive oil
freshly ground black pepper
100 ml vegetable stock
1/4 cup (50 ml) orange juice
2 tbsp (25 ml) red wine vinegar
2 tbsp (25 ml) dry sherry
1 tbsp (15 ml) soy sauce
1 tbsp (15 ml) tomato paste
1 garlic clove, finely chopped
1-in. (2.5-cm) piece fresh ginger, peeled and chopped
1 tbsp (15 ml) brown sugar
1 tbsp (15 ml) corn flour, mixed with 1 1/2 tbsp (20 ml) water
1 1/2 tbsp (20 ml) Canola oil
2 carrots, peeled and thinly sliced
2 red peppers, seeded and thinly sliced
20 snow peas, halved
fresh coriander leaves

METHOD:

1. Brush both sides of tuna steaks with olive oil, then sprinkle with freshly ground black pepper. Put steaks on plate and set aside while you prepare sauce and vegetables.
2. For sweet and sour sauce, pour vegetable stock, orange juice, red wine vinegar, sherry and soy sauce into small pot, then add tomato paste, garlic, ginger and sugar and stir to mix. Slowly bring liq-

uid to boil, stirring often until sugar has dissolved, then simmer 2-3 minutes.
3. Stir corn flour paste into hot sauce and keep stirring continuously over low heat until sauce has thickened. Remove from heat.
4. Heat cast-iron grill pan or non-stick frying pan over a moderately high heat. Add tuna steaks and cook for 2-3 minutes per side until just tender.
5. Meanwhile, heat Canola oil in wok or large frying pan over moderate heat. Add carrots and stir-fry 30 seconds, then add peppers. Cook 1 minute, then toss in snow peas. Continue stir-frying 1-2 minutes, or until all vegetables are cooked but crunchy.
6. Pour in sweet and sour sauce, bring liquid to boil and toss everything together until vegetables are coated.
7. Use fork to flake the tuna into large, bite-sized pieces. Add tuna pieces to wok and toss all ingredients thoroughly. Serve while hot. If you like, garnish with some fresh coriander leaves.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A social butterfly will try to give you hope. Mercy is shown when you're passionate about justice. A friend has regrets about a tricky situation.



LIBRA
SEPT 23-OCT 23
A well-built person runs away from a losing battle. A woman is stamping out baseless rumours. Financial dealings with friends will need revision.



TAURUS
APRIL 21-MAY 21
A woman is crying out for a goofy relationship. A mushy person benefits from poignant memories. Emotions are floating to the surface.



SCORPIO
OCT 24-NOV 22
Resist the temptation to feel sorry for a loser. A man makes light of a grim problem. Repairs should be made as soon as possible.



GEMINI
MAY 22-JUNE 21
A loyal man calls off an outdoor adventure. A strange denial is revealed by a tempestuous woman. Be attentive at the bargaining table.



SAGITTARIUS
NOV 23-DEC 21
Someone vexes a buddy. You should develop a new socializing scheme. A funny prank could backfire in unimaginable ways.



CANCER
JUNE 22-JULY 22
Agitation is produced by a temperamental freak. Helping a friend takes up time. You'll have a lot to think about all week.



CAPRICORN
DEC 22-JAN 20
Give a wake-up call to those who take advantage. A high achiever looks right through you. Beware the idle chatter of unwelcome visitors.



LEO
JULY 23-AUG 23
Ill health will cause concern. Helpful people will advance your cause. A self-indulgent person is caught in the act of being a fake.



AQUARIUS
JAN 21-FEB 18
Somebody surprises you by making your life simpler. You won't be fooled by a charlatan. Romantic feelings continue to be distracting.



VIRGO
AUG 24-SEPT 22
A desperate person has a tantrum. Deep thoughts will start a family quarrel. A resentful troublemaker avoids commitments.



PISCES
FEB 19-MARCH 20
Unusual circumstances cause rifts in friendships. Remain alert and ready for action. Someone expects to be told what to do.



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metronews.ca
Do it daily.

WORDY GURDY
BY TRICKY RICKY KANE
1. Everyone writes fast and illegibly (1)
2. Outscore Miami's NBA team (1)
3. Dirt-free headmaster (1)
4. Mallard-filled Mack vehicle (1)
5. Lessening the amount of "Ah-choo"-ing (2)
6. In-shape-ness observer (2)
7. 4, 5, or 6 golf club on a football field (3)
ANSWERS
1. ALL SCRAWL 2. BEAT HEAT 3. CLEAN DEAN 4. DUCK TRUCK
5. EASING SNEEZING 6. FITNESS WITNESS 7. GRIDIRON MIDIRON
2-3-09

This day in history

MARCH 3, 1939: In Mumbai, Mohandas Gandhi begins to fast in protest of the autocratic rule in India.
MARCH 3, 2004: Belgian brewer Interbrew and Brazilian rival Am-Bev agreed to merge in a \$11.2 billion deal that formed InBev, the world's largest brewer.
MARCH 3, 2005: James Roszko murders four Royal Canadian Mounted Police constables during a drug bust at his property in Rochfort Bridge, Alberta, then commits suicide. It is the deadliest peace-time incident for the RCMP since 1885.
MARCH 3, 2005: Steve Fossett becomes the first person to fly an airplane around the world solo without any stops without refuelling.
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